



Here's to the Red, White & Blue Pie

 Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



433 kcal

DESSERT

Ingredients

- 0.5 cup blueberries fresh
- 2 tablespoons cornstarch
- 1 box pie crust dough refrigerated softened
- 3 lb strawberries fresh
- 1 box strawberry gelatin (4-serving size)
- 1 cup sugar
- 1.5 cups water

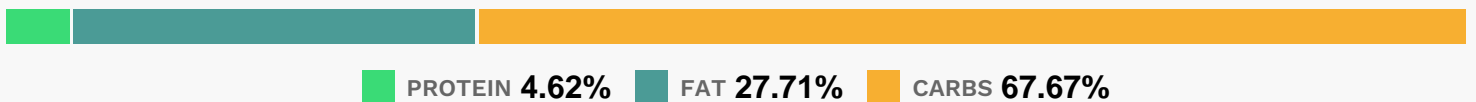
Equipment

- baking sheet
- paper towels
- sauce pan
- oven
- cookie cutter
- wax paper

Directions

- Heat oven to 450F.
- Place 1 crust in ungreased 9-inch glass pie plate. Press crust firmly against side and bottom. Fold excess crust under and press together to form thick crust edge; flute. Prick bottom and side with fork. Unroll second crust onto wax paper. Using 2-inch star-shaped cookie cutter, cut stars from pie crust; place on cookie sheet.
- Bake stars about 5 minutes, crust 10 to 12 minutes or until light brown. Cool.
- Meanwhile, clean and hull strawberries. Set strawberries, points up, on paper towel to dry. Wash blueberries, dry on paper towel.
- Place strawberries point sides up in baked pie shell; place blueberries between strawberries. Set aside.
- In 2-quart saucepan, stir together sugar and cornstarch. Stir in water; heat to rolling boil. Cook a full 2 minutes.
- Remove from heat; stir in gelatin. Cool 15 to 20 minutes. Spoon over berries in crust, making sure each piece is covered. Chill at least 4 hours or overnight. Top each serving with star cutouts.

Nutrition Facts



Properties

Glycemic Index:18.76, Glycemic Load:21.76, Inflammation Score:-6, Nutrition Score:12.925217358962%

Flavonoids

Cyanidin: 3.64mg, Cyanidin: 3.64mg, Cyanidin: 3.64mg, Cyanidin: 3.64mg Petunidin: 3.1mg, Petunidin: 3.1mg, Petunidin: 3.1mg, Petunidin: 3.1mg Delphinidin: 3.8mg, Delphinidin: 3.8mg, Delphinidin: 3.8mg, Delphinidin: 3.8mg Malvidin: 6.27mg, Malvidin: 6.27mg, Malvidin: 6.27mg, Malvidin: 6.27mg Pelargonidin: 42.27mg, Pelargonidin: 42.27mg, Pelargonidin: 42.27mg, Pelargonidin: 42.27mg Peonidin: 1.96mg, Peonidin: 1.96mg, Peonidin: 1.96mg, Peonidin: 1.96mg Catechin: 5.78mg, Catechin: 5.78mg, Catechin: 5.78mg, Catechin: 5.78mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg, Epicatechin 3-gallate: 0.26mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 432.55kcal (21.63%), Fat: 13.66g (21.01%), Saturated Fat: 4.11g (25.67%), Carbohydrates: 75.06g (25.02%), Net Carbohydrates: 70.16g (25.51%), Sugar: 43.33g (48.15%), Cholesterol: 0mg (0%), Sodium: 258.45mg (11.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.24%), Vitamin C: 100.91mg (122.32%), Manganese: 0.91mg (45.59%), Fiber: 4.89g (19.57%), Folate: 76.7µg (19.17%), Vitamin B1: 0.18mg (12.14%), Iron: 2.06mg (11.44%), Vitamin B3: 2.05mg (10.23%), Phosphorus: 93.17mg (9.32%), Potassium: 317.17mg (9.06%), Vitamin K: 9.18µg (8.74%), Vitamin B2: 0.14mg (7.96%), Magnesium: 30.88mg (7.72%), Copper: 0.15mg (7.34%), Selenium: 4.46µg (6.37%), Vitamin B6: 0.11mg (5.49%), Vitamin E: 0.78mg (5.17%), Vitamin B5: 0.43mg (4.28%), Calcium: 39.21mg (3.92%), Zinc: 0.49mg (3.25%)